

Andreasen Center for Wellness Virtual Membership

In response to closures caused by the COVID-19 pandemic

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The Andreasen Center for Wellness at Andrews University recently released a virtual group fitness membership plan. (Photo by © The Hygge Labs - stock.adobe.com)

By: Hannah Gallant, University Communication student writer

The Andreasen Center for Wellness at Andrews University recently released a virtual group fitness membership plan in response to closures caused by the COVID-19 pandemic.

“Our wellness team here at Andrews University rallied together quickly to find a way to provide a new opportunity for people around this planet to engage in live fitness opportunities from their homes during this life-altering time,” says Dominique Gummelt, director, University Wellness. “Yes, there are lots of pre-recorded fitness classes available on the internet, but we wanted to provide a unique option, where we can build an international community that can move live together! Our approach to wellbeing is ‘MADE TO THRIVE’ in every way, and we truly hope that our live options and our free ‘Wellness Club App,’ which has a plethora of personal

wellness resources and a PRO upgrade option, will inspire people to engage intentionally and purposefully during this challenging time.”

The virtual membership plan includes access to all classes offered live through Zoom. The current 15 classes offer a variety of fitness options, including focuses on strength, high intensity, flexibility and more.

"What's great about these classes is that they don't require any equipment,” says Rachel Keele, Andreassen Center for Wellness instructor. “In addition, people who may have been shy about trying a class in a large group setting can now try it from the comfort of their own home.”

The membership plan costs \$19.99 per month, and no contract is required. If a membership is purchased after the first of the month, the fee will be prorated from the date of purchase to the end of the month, then the membership will auto-renew each following month. To purchase the membership, please visit <https://andrewsuniversity.virtuagym.com/webshop>.

To access the virtual class schedule and reserve your spot in one of the virtual group fitness classes, please use the schedule function within the Wellness Club App. The app can be downloaded for free at <https://andrewsuniversity.virtuagym.com/webshop> under the “Mobile App Features” option.

For further information, or if you have any additional questions regarding the virtual group fitness memberships, please email thewellnessclub@andrews.edu.

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